



# Junkanoo Journal

Department of State

June 3– June 17, 2005

## Picture of the Week!

### Ambassador Rood Presents Donation of Books



Ambassador John D. Rood traveled to Nicholl's Town, Andros as part of his continuing series of visits to the Family Islands. The Ambassador's first stop was the Nicholl's Town Primary School, where he read to the students a story about Dr. Martin Luther King, Jr.

## ESSENTIAL NUMBERS

Embassy	322-1181
Post One Emergency	328-2206
if busy:	356-3229
or cell:	457-3892
Duty Officer Cell	357-7004
Sandyport Health Unit	327-1850/52
Nurse Carol Clowes	427-2508
Police/Fire Emergency	919/911
Doctor's Hospital	322-8411/14
Ambulance	302-4747
CLO	ext. 4254
Lori's Cell	424-3478
GSO cell	427-7582 For emergencies!

## Happy Birthday!

Come join us: June 21 at 4:00  
Multipurpose Room  
Reason: Birthdays!!

Olga Forbes	1st
Charles James	2
Claudette Cooper	3
Charles Smith	10
Zane Thomas	11
Johns Cargill	14
Herman Rolle	19
Joseph Smith	22
Sharon Carter	24
Mark Dilott	26
Kenneth Kramp	29
Anne Marie Bain	30



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## SWIMMER'S EAR

Swimmer's ear can occur at any time of year but it more often occurs in the summertime. Swimmer's ear is the inflammation of the outer portion of the ear also called otitis externa. It is fairly common in children, teenagers and young adults. Swimming in a pool that is not very clean can cause swimmer's ear. Inserting objects into the ear canal can also cause the condition by irritating or damaging the skin. Occasionally swimmer's ear is associated with middle ear infection. Moisture in the ear creates an environment for fungus or water-loving bacteria to grow.



Swimmer's Ear (AOE)

Symptoms include ear pain. Pulling on the earlobe can be very painful. Itching in the ear can be a symptom as well as drainage from the ear canal.

The goal of treatment is to cure the infection. Eardrops containing antibiotics and corticosteroids are effective in fighting swimmer's ear. Swimmer's ear responds well to treatment. Complications can occur if it is not treated.

Prevention is the best cure for Swimmer's ear. Dry the ear thoroughly after exposure to moisture. Avoid swimming in dirty swimming pools. If possible, use ear-plugs when swimming. A few drops of a solution of 1:1 vinegar and alcohol can dry the ear canal and prevent bacterial growth.

## WAR AGAINST DRUGS

In their continuing "War against Drugs" the Bahamian National Drug Council will hold its annual hobbies fair at the Town Centre Mall from 11 am to 7 pm this Saturday, June 18. The hobby fair is an effort to provide young people something positive to do. Activities on display will include floral design, shell craft, computer graphics, jewelry making, native straw, junkanoo art and home decoration. This event is open to all in the community and is absolutely free.

# STRESS!!! Dedicated to the 4th of July Crew and DN

You need stress in your life! Does that surprise you? Perhaps so, but it is quite true. Without stress, life would be dull and unexciting. Stress adds flavor, challenge, and opportunity to life. Too much stress, however, can seriously affect your physical and mental well-being. A major challenge in this stress-filled world of today is to make the stress in your lifework work for you instead of against you. Stress is with us all the time. It comes from mental or emotional activity and physical activity. It is unique and personal to each of us. So personal, in fact, that what may be relaxing to one person may be stressful to another. For example, if you are a busy person who can't stand or sit still, "taking it easy" at your mother-in-laws for a week may feel extremely frustrating, nonproductive, and upsetting. You may be emotionally distressed from "doing nothing." Too much emotional stress can cause physical illness such as high blood pressure, ulcers, or even heart disease; physical stress from work or exercise is not likely to cause such ailments. The truth is that physical exercise can help you to relax and to handle your mental or emotional stress.

The important issue is learning how our bodies respond to these demands. When stress becomes prolonged or particularly frustrating, it can become harmful causing distress or "bad stress." Recognizing the early signs of distress and then doing something about them can make an important difference in the quality of your life, and may actually influence your survival.

## Reacting to Stress

To use stress in a positive way and prevent it from becoming distress, you should become aware of your own reactions to stressful events. The body responds to stress by going through three stages: (1) alarm, (2) resistance, and (3) exhaustion. Let's take the example of a typical commuter in rush-hour traffic. If a car suddenly pulls out in front of me, my initial alarm reaction may include fear of an accident, anger at the driver who committed the action, and general frustration. My body may respond in the alarm stage by releasing hormones to the bloodstream which cause my face to flush, perspiration to form, my stomach to have a sinking feeling, my arms and legs to tighten as well as my middle finger to move. The next stage is resistance, in which the body repairs damage caused by the stress. If the stress of driving continues with repeated close call or traffic jams, however, my body will not have time to make repairs. I may become so conditioned to expect potential problems when I drive that I tighten up at the beginning of each commuting day. Eventually, I may even develop a physical problem that is related to stress, such as migraine headaches, high blood pressure, back aches, or insomnia. While it is impossible to live completely free of stress and distress, it is possible to prevent some distress as well as to minimize its impact when it can't be avoided.

## Helping Yourself

When stress does occur, it is important to recognize and deal with it. Here are some suggestions for ways to handle stress. As you begin to understand more about how stress affects you as an individual, you will come up with your own ideas of helping to ease the tensions.

**Try physical activity.** When you are nervous, angry, or upset, release the pressure through exercise or physical activity. Running, walking, playing tennis, or working in your garden are just some of the activities you might try. Physical exercise will relieve that "up tight" feeling, relax you, and turn the frowns into smiles. Remember, your body and your mind work together .

**Share your stress.** It helps to talk to someone about your concerns and worries. Perhaps a friend, family member, teacher, or counselor can help you see your problem in a different light. If you feel your problem is serious, you might seek professional help from a psychologist, psychiatrist, social worker, or mental health counselor. Knowing when to ask for help may avoid more serious problems later.

**Know your limits.** If a problem is beyond your control and cannot be changed at the moment, don't fight the situation. Learn to accept what is -for now- until such time when you can change it.

**Take care of yourself.** You are special. Get enough rest and eat well. If you are irritable and tense from lack of sleep or if stress repeatedly keeps you from sleeping, you should ask your doctor for help.

**Take time for fun.** Schedule time for both work and recreation. Play can be just as important to your well-being as work; you need a break from your daily routine to just relax and have fun.

**Be a participant.** One way to keep from getting bored, sad, and lonely is to go where it's all happening. Sitting alone can make you feel frustrated. Instead of feeling sorry for yourself, get involved and become a participant. Offer your services in neighborhood or volunteer organizations. Help yourself by helping other people. Get involved in the world and the people around you, and you'll find they will be attracted to you. You will be on your way to making new friends and enjoying new activities.

**Check off your tasks.** Trying to take care of everything at once can seem overwhelming, and, as a result, you may not accomplish anything. Instead, make a list of what tasks you have to do, then do one at a time, checking them off as they're completed. Give priority to the most important ones and do those first.

**Must you always be right?** Do other people upset you particularly when they don't do things your way? Try cooperation instead of confrontation; it's better than fighting and always being "right." A little give and take on both sides will reduce the strain and make you both feel more comfortable. It's OK to cry. A good cry can be a healthy way to bring relief to your anxiety, and it might even prevent a headache or other physical consequence. Take some deep breaths; they also release tension.

**Create a quiet scene.** You can't always run away; but you can "dream the impossible dream." A quiet country scene painted mentally, or on canvas, can take you out of the turmoil of a stressful situation. Change the scene by reading a good book or playing beautiful music to create a sense of peace and tranquility or just go **boating**.

**Avoid self-medication.** Although you can use prescription or over-the-counter medications to relieve stress temporarily, they do not remove the conditions that caused the stress in the first place. Medications, in fact, may be habit-forming and also may reduce your efficiency, thus creating more stress than they take away. They should be taken only on the advice of your doctor.

### **The Art of Relaxation**

The best strategy for avoiding stress is to learn how to relax. Unfortunately, many people try to relax at the same pace that they lead the rest of their lives. For a while, tune out your worries about time, productivity, and "doing right." Find activities that give you pleasure and that are good for your mental and physical well-being. Forget about always winning. Focus on relaxation, enjoyment, and health. If the stress in your life seems insurmountable, you may find it beneficial to see a mental health counselor. Be good to yourself.



# Junka-news

## Hurricane News

### Disaster Supply Kit Scavenger Hunt

Hey Kids, Ask your parents to help you search your home for the items on this scavenger hunt list. Then add them to your family's Disaster Supply Kit.

- **Water-** at least 1 gallon/daily/person store enough for 3 to 7 days
  - **Food** - at least enough for 3 to 7 days
    - non perishable packaged or canned food/juices
    - lots of snack food
    - non-electric can opener
    - paper products
  - **Blankets/Pillows**
  - **Clothing**
  - **First Aid Kit**
  - **Special Items**
  - **Toiletries/Hygiene items/wipes**
  - **Flashlights/batteries/ candles**
  - **Radio**
- 
- **Emergency phone numbers**
  - **Money**
  - **Toys, Books, and Games**
  - **Important documents in sealed containers**
  - **Pet care items**
    - **Picture of your pet/identification**
    - **supply of food and water**
    - **carrier or cage case**
    - **muzzle and leash**



### Important News Flash

Attention All employees with animals! The Hilton has notified us they will **no longer** accept any pets during hurricane season. Anyone who would like to change their shelter election form can do so by contacting Joyce Murray at 4206.

**Hurricane Website** - When we were desperate for any word regarding Nassau's status during the Hurricane Frances Evacuation last year, I discovered a useful and informative website. Via this site, I was able to view ZNS TV's Internet Vision as well as listen to a Bahamian radio discussion about building houses for hurricanes. There's also a weather center, which lists the latest tropical disturbances. I'm recommending checking the site out now so you can see the wealth of information available in case you are evacuated.

It's called *Da Bahamian Ting* at <http://www.dabahamianting.com>

Submitted by Milly

Please remember to turn in your forms from the Hurricane meeting. USCG, and CBP have turned in all their forms. Way to go!! You can turn them into your Agency Head, or Joyce. We want to make sure we are prepared to get everyone out of harm's way!!!

### Mission Issued Radio

Considering that phone lines might go down during a storm or disaster, Mission-Issued Radios may be your primary source of communication. Please ensure that your radio is functioning properly by conducting test with MSG Post 1.



# Milly About Town

By Milly Krause

## Restaurant Review

***Bimini Market Grill*** - This buffet restaurant is one of six restaurants located at the Radisson Cable Beach Hotel. Walk through the lobby and go up the stairs to locate this restaurant. Out of the other inviting restaurants located in this area, *Bimini Market Grill* was the only one open for lunch.

The cost of the lunch buffet was \$19, which included coffee and a variety of juices and soft drinks. American and Bahamian foods are available. Carved chicken and carved beef stations were part of the buffet. The chicken was juicy and tender; the beef had run out. An ample variety of salad items were displayed as well as breads and cheeses. Grilled hotdogs, sausages and burgers were offered. There was a pasta bar with a variety of sauces. I went straight for the Alfredo sauce. A meat and potato's section had a good selection. The salmon was almost inedible. Finally, a delicious selection of desserts was nicely displayed for the taking.

While we were eating, a new bride came by. She was giving out slices of her wedding cake. We wanted to give her good wedding vibes so we took some. It was well worth taking. Outside, we came across another wedding. Both these weddings were very small - four people. We saw the bride again at the beach bar later on. These are what you would call unique destination weddings . . .

Parking was plentiful, located across West Bay Street near the Western Straw Market. Service was quite good. We paid the check upon entry and left the standard 10% for the buffet meal.

*Bimini Market Grill* is opened for both breakfast and lunch from 6:30 a.m. to 3 P.M.. When the hotel is busy, it's often opened for dinner too, usually on Tuesday and Friday nights. Call first if you are interested.

### Recipe Request from CBP

#### Chicken Casserole:

Cut in slices one pound of boneless chicken breast. Fry chicken breast in pan pouring about 1/2 cup of lemon juice over it. Once cooked place chicken in a casserole dish adding 3 stalks of chopped celery, one small chopped onion, 1 cup of mayonnaise, and 1 cup of shredded medium cheddar cheese. I use the block cheese and cut it up in chunks. The bag of shredded cheese doesn't work very well. Bake at 350 for about twenty minutes. Enjoy!

## Greek Salads are Back!

NOW ON THURSDAY

\$8.00 regular

\$10.00 with Anchovies or Chicken  
(extras please add \$1.00)

Made with garden fresh romaine hearts, vine ripened tomatoes, oil/vinegar (traditional dressing), cucumbers, onions, Greek olives, feta Cheese, on a fresh pita

Delivery is free (Embassy only). Tips are welcome.

Delivery time will be from 12:00 to 1:00 p.m.

If interested please contact Ann Daley at 322-1700 ext. 4334 with order and payment.

# THE COMMISSARY BULLETIN



Come shop in the Commissary Wednesday, June 22, 2005  
10:00a.m. to 2:00p.m.

There will be fresh fruits and vegetables, beef hamburger patties, chicken breasts and pork tenderloins.



**DON'T MISS OUT!**



## Your Commissary

The Commissary is on the go! With the help of some really dedicated people things are turning around quicker than we imagined. With the addition of our new refrigerator, this week we will begin bringing in new items. We are in the process of establishing an email for members and plan on having a "members only" meeting to discuss the association's business. We are still in need of volunteers to operate the store. We have 57 members and 6 volunteers. Due to transfer season as well as vacation time we are in need of volunteers for June 25th and 28th. If you are available during Commissary hours for even one Wednesday or Saturday in the near future, please contact Kay Crawford at 4285

## Commissary Hours

**Wednesdays 10:00 AM to 2:00 PM  
& Saturdays 12:00 - 2:00 PM.**

**Cold Beverages Now Available!**

**T SHIRTS AND HATS NOW ON SALE**

### Have you paid your dues?

Currently, some people are utilizing the commissary but have chosen not to pay their annual fee. This is unfair to those who have. Please pay by July 1st or it will be withheld from your deposit.

### Your Commissary Board:

- ◆ Jeff Rotering  
ext. 4218
- ◆ Ray Catena  
ext. 4336
- ◆ Shannon McBrayer  
327-0209
- ◆ Pat Wielke 394-4575
- ◆ Scott Buttrick  
ext. 4224
- ◆ Bel Vanderploeg  
ext. 4275
- ◆ Kevin Stanfill  
ext. 4328
- ◆ Lori Johns

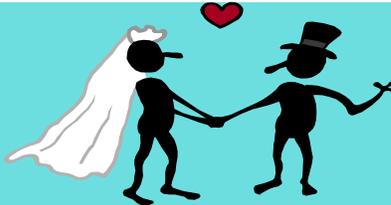
## FUNERAL SERVICE

**Sadly, we will be saying good-bye to one of our own Security Guards, Shanette Roxbury, age 23 on Saturday at 11 am at Temple Fellowship Ministries , Oakes Field. Officiating will be Pastor Kirkwood Murphy assisted by other Ministers of the Gospel. Interment will follow in Lakeview Memorial Gardens, John F Kennedy Drive. Many prayers go out to the family as well as the Federal Management Staff who will miss her dearly.**



### Baby Announcement

Congratulations are in order for the proud new parents of a baby girl, Danuneka Cargill born May 20, 2005 The parents, John and Michaela enjoyed a baby shower hosted by GSO.with food, drinks and gifts. Fun games were played by all.



Mr. and Mrs. Alexanderder Mea  
Married May 28th, 2005  
At Bahamian Faith Ministry

A reception followed the event at Breezes. If you see this happy couple please congratulate them!!

### Reading Guide

#### *Author Among Us:*

*Sunny Daze: The Humorous Misadventures of a Tropical Island Mom*, American ex-pat author Faith R. Foyil uses wit, warmth and whimsy to demonstrate that island parenting can be a real 'sink of swim' adventure.

Faith's a permanent resident and self-proclaimed Bahama Mama since giving birth here in '92. She has written previously for print publications such as *Family Circle* and *International Living*, and many online magazines and websites.

### Winner Amongst US!!

The Woman's Corona Club this month named our Suzi Hill as the recipient of the *Key to Success* award. Suzi was praised for immediately joining the group when she arrived here and taking an active role in the Help the Children Group. Volunteering at the Ranfurly Homes , selling event tickets and hosting the HFC group meetings were just a few of the many contributions she has made. Although it is the close of their season, the AWC has cordially invited everyone to participate in the future. The club has many different interest groups like Help the Children, cooking, crafts, bridge, and quilting to name a few. Look for more details in August.

## UPCOMING EVENTS

# July 2005

Hail and Farewell  
 June 29th  
 1800-Potluck  
 Sign up at the Clo's office.

**4th of July**– volunteers to meet at 930 at Ambassador's Manor

**4th of July**

**6th of July**—Adventure Learning center, children of all age groups. Details below.

**9th of July** Bonfire, everyone invited, details to follow

**July 13-Crazy Cultural Experience**– Kids party, each child or family) will be asked to bring a dish from a country of their choice. Salsa dance instructor will be present 1100 to 300.

**July 16th**– Chartered fishing trip  
 Details below

**July 20th** –Kid's Ice Cream Social and Swimming Pool Party  
 1100 to 300

**July 22nd**-Embassy and Spouse Brunch, 9 am everyone brings a dish to share. Details to follow

**July 25th**—Ladies day out . Good fellow farms will provide lunch at \$12.00/person and give us a tour of the facility. Sign up With Clo.

**July 27** Kids Party Pirate adventures. Details to follow

**July 30th**- Stingray Adventures  
 See below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20		22	23
24	25	26	27	28	29	30
31						

**Adventure Learning Center: July 6th**, 845 to 1230 at usual meeting place. Charge is \$8.00/child Includes tour and planetarium. Need drivers. Please sign up at CLO' office or email [zaibackcj@state.gov](mailto:zaibackcj@state.gov)

**Chartered Fishing Trip: July 16th** 8 am to 12 pm Includes fishing equipment, first mate, but not beer. Sign up outside CLO office. First ten people who sign up will go on this date. Possibility another boat may be chartered the same day or at a later date depending on interest.

**Stingray Adventures: July 30th** Need 40 people minimum Cost 25.00/adult \$21.00/child includes lunch with choice of hamburger/cheeseburger/hotdog or chicken sandwich. If we have a minimum of 40, the event will start at 900 and

All children activities will need volunteers. Please email the CLO at [Johnsls@state.gov](mailto:Johnsls@state.gov) if you are interested or have any ideas.

# Announcements

## FOR SALE

2000 Ford Windstar SEL Minivan  
78K Miles, Engine V6, 3.8 liter, Automatic,  
Front Wheel Drive, Second Sliding Door, 7  
pax, Air Conditioning, Power Steering, Power  
Windows, Cruise Control, AM/FM Stereo,  
CD/Cassette player, Leather, Dual Power  
Seats, Roof Rack, Privacy Glass.  
**\$13,500** for duty free individuals (or \$16,360  
includes duty/stamp tax)

Contact: 327-3791 (evening only)

New MSG Det Nassau  
Coins

Now on sale in June!

Get them while  
they 're hot!!!

Polo's and Mugs also

Marine Corps Ball Tickets are ready and can be purchased from the Detachment Commander or the Marine House for **\$80.00**. Tickets are cheaper this year so come out, support the Marines, and enjoy the night. The Marine Corps Ball will be held at Sandals Hotel and Resort Ballroom in November. Date and time to follow in future editions or call the Clo.

## JUNKANOO JOURNAL ONLINE



Download the Junkanoo  
Journal from the Embassy  
Nassau Internet site:

[nassau.usembassy.gov](http://nassau.usembassy.gov)



## UPCOMING EVENTS

Hail and Farewell Party will be held **June 29th** at 6pm. The event is a potluck and everyone is asked to bring a dish.

Sign up sheet outside Clo 's office or email [zai-backcj@state.gov](mailto:zai-backcj@state.gov)

Ah Mates,  
Planning

### Mystery Dinner

on a party for ya all pirates. This will be a mystery who don it kind of dinner. But before the festivities can begin we need a few winches and their mates to step forward and be the host/hostess. As soon as we have some willing participants then we will begin sign-ups. The name of the mystery dinner is **Treason and Treachery**. Ten players are involved. There will be a cover charge to help with the grub. **All** adults are encouraged to participate.. At the end of the evening all parties will meet and enjoy everyone's company (and costumes). Please email the Clo at

### Junkanoo Journal Submission Guidelines

Thanks to all of you who contribute to the Junkanoo Journal. Your contributions are what make it a great newsletter! For anyone interested in submitting articles or photos to the Junkanoo Journal, your submissions are welcome! Here are a few guidelines:

- Always submit by email ([CLONAS@state.gov](mailto:CLONAS@state.gov)) or disk. Because of time constraints, hard copy submissions might not be published.
- Submit articles as plain text. Don't try to format the submission for publication. What you send won't look the same in this document as it did in yours.
- If you're sending a picture and know how to make it a smaller file, please do.
- If you are sending something you did not write yourself, please credit the author and publication.

Submit your advertisements, articles and announcements to the CLO by **COB Wednesday** for Friday publications.

Submissions may be edited for length, clarity, or security. Publication in the *Junkanoo Journal* does not imply endorsement by the Community Liaison Office, Embassy Nassau or the Government of the United States.